

# You Can Help Your Child Address Bullying

1. Each day **ask** them about their day. **Reinforce** that it takes courage to talk about bullying situations. They should be proud of themselves for having the courage to discuss it. **Don't minimize, rationalize, or explain away** a bully's behavior. Tell them **you will help**.
2. **Talk** to them about what happened to you as a child shows that each of us is vulnerable at some point.
3. Look for "**teachable moments**" in books, movies, magazines and plays that address the issue of empathy
4. **Lead** by example in the way you treat conflict with others, INCLUDING family members. You are your child's greatest **role model**.
5. **Attempt** to be **fair** when disciplining your child. It should be an opportunity to learn so as not to repeat the behavior not just punishment.
6. **Role-Play** every chance you get, even if your child tells you this is the craziest thing you have asked them to do. Act out bullying situations your child may face and have them try different techniques. The more comfortable they feel in these situations, the better they will handle them.
7. Remind them that body language plays a role in how they are perceived. Walking confidently, looking others in the eye and speaking clearly are important strategies to practice with them.
8. It's important to understand that advising your child to hit, push or intimidate the bully will only make the situation worse in the long run. **Your** child may be penalized by their school, develop bullying habits or worse, become injured or killed.
9. **Provide** them with opportunities to interact with others if they don't have many friends. Even **one** healthy peer relationship can help to thwart other's cruelty.
10. **Turn off the TV!** Your child may not be able to "process" the violence they see. (A child in "an average American household" watches television 7 hours a day-over ½ of which has programming containing violent content). T.V. offers lots of great things, but be aware of violent television and Reality T.V. that portrays

relationships in a negative way...but calls it REALITY!

1. **Ask** them what they suspect is the reason why their peer is bullying others—perhaps the bully has problems **they** need to deal with. When they realize they are **not at fault**, they can often stop the pattern of abuse, resist internalizing the abuse or blaming themselves.

## If Your Child is Being Bullied...

1. **Document**, Document Document! **Document** what your child tells you about bullying incidents so you have a record to share with others. Call the school and give them the facts so you can work with them to effectively resolve the problem. This shows your child you care, are proactive and take this issue seriously.
2. Don't be afraid to ask for help, talk to your child's teachers, counselors or principals or call our office to have an expert visit your school and talk with school personnel, students and other parents.
3. Keep the lines of **communication** open with school personnel. (Title IV of the Education Amendments of 1992 states that schools have a legal responsibility to ensure that non-hostile environment is available to all students)
4. **Look** for noticeable signs of abuse; take color pictures of physical abuse. Some signs of a child being targeted are; resisting going to school, changes in sleep patterns, nightmares, and grades dropping.
5. **Assure** your child that you are going to work on the situation together until a resolution takes place.
6. Consider counseling. An **outside perspective** can do wonders for many children. Many mental health facilities offer counseling at reduced rates or on a sliding scale fee.
7. **Get involved** with parent organizations, join your child's school PTA, network with other parents, and **volunteer** to serve on a committee that is developing bullying prevention policies. The more adults at a school are aware and educated about bullying prevention, the less bullying incidents are likely to occur.
8. Insist on **knowing** your child's activities, whereabouts and their friends. Make your home an inviting and pleasant place for your children and their friends; it's easier to know what they're up to when they're around. Know how to **spot**

**signs** of troubling behavior in kids – yours and others. You have the right not to allow bullying behavior in your home!

9. Enroll your child in a self defense class. This can be empowering!

## Strategies for Kids In Bullying Situations

### **Strategies for kids who often act like or perceive themselves to be bullies...**

- Find an adult to talk to about what may be frustrating you in your life
- Learn cool ways to help yourself deal with anger emotions
- Ask yourself, "Why am I doing this?"
- Try to stop picking on someone for just one day
- Talk to a friend in your class who could have some good advice for you
- Try to get some attention by doing something good
- Get some help from someone you trust if a family member is hurting you
- Pay attention to any consequences you are experiencing because of bullying others
- Assess if you are angry about a problem you might have in or out of school
- Think about how you would feel if you were the target
- Develop a hobby or skill to help you feel better about yourself
- Talk to an adult about ways they know of to help you calm and relax yourself

### **Strategies for kids who often act like or perceive themselves to be targets...**

- 
- Ignore
- Avoid
- Walk away
- Hang out with friends
- Use humor, crack a joke!
- Distract the bully
- Ask the bully why?
- Talk it through
- Expect respect from your classmates
- Like yourself and all of your goofiness
- Develop a passion that can relieve stress after school
- Have three one-liner's that will help in a bullying situation
- Confuse the bully
- Tell bully when you are near adults to "knock it off"

- Agree with the bully
- Create a distraction or loud noise
  - The "look"
  - Grandma Rule
- Get an adult

### **Strategies for kids who often act like or perceive themselves to be witnesses...**

- Try to be a friend to a bully as maybe they are going through a tough situation in their life
- Tell an adult about a bullying situation (can be treated as Top Secret so only the adult knows you came to them)
- Include a target in your activities
- Don't laugh at the bully's put-downs
- Don't join forces with a bully and give him/her power and control
- Don't repeat gossip
- Support a target in private and let them know you are there if they need anything
- Be a "Bullying Buddy" for a target by defending them or doing kind acts for them w/out them knowing (this means those in your group of friends and regular classmates)
- Protect yourself *without* hurting others

# What is cyber bullying?

Cyber bullying is carried out through information and communication technologies such as e-mail, chat rooms, discussion groups, instant messaging (IM), text messages or web pages.

Cyber bullying can include:

- Inappropriate language/images
- Spreading of rumors/gossip online
- Sending unwanted messages
- Defamation of character

A cyber bully can act anonymously, usually without fear of being punished. More than bullying, cyber bullying can go unnoticed by adults due to the new and advanced communication technology and lack of adult supervision. Cyber bullies can communicate their hurtful messages to a very wide audience with remarkable speed. In most cases, cyber bullies know their targets, but their targets may not know their cyber bullies.

## Strategies for children to avoid cyber bullying

- Never give out or share personal information (name, family, address, phone number, pictures or e-mail address). Don't use personal information like your full name, age or sex in your e-mail address or screen name.
- Do not believe everything you read
- Use Netiquette - be polite to others just as you would offline. If someone teats you rudely or meanly - do not respond
- Never send a message to others when you are angry. Wait until you have time to calm down and think because once you have sent a message it is VERY hard to undo the damage
- Never open a message from someone you don't know
- If it doesn't look or feel right, it probably isn't. Trust your instincts. If you find something that you don't like or makes you feel uncomfortable, turn off the computer and tell an adult
- Give yourself a break. Don't stay online too long - spend time with your family and friends off line
- 

## Protecting children from cyber bullying

- Develop clear communication with children about cyber bullying issues. Let them know it is all right to discuss any problems they might have
- Provide clear guidelines for Internet and cell phone use. Make sure that they are being used in appropriate ways and places (for example: the computer should not be located in the child's room out of view where a parent cannot walk by while in use)
- Research the policies schools have on bullying. The same rules and penalties should apply for both offline and online bullying
- Keep a record of harassing messages; in most cases, a cell phone carrier or Internet provider will change a phone number or e-mail address free of charge if abuse can be documented
- Watch out for any behavior changes with children especially related to online activity
- Visit [www.internet-filters.net](http://www.internet-filters.net) or [www.research.att.com/projects/tech4kids/](http://www.research.att.com/projects/tech4kids/) for a description of filtering software
- Talk to your ISP about what "take down" policies they have for inappropriate materials that may be posted by cyber bullies and forward abusive messages to [abuse@isp](mailto:abuse@isp)

Adapted from [www.cyberbullying.ca](http://www.cyberbullying.ca), 2004. *Always On! Always Aware!* and [www.netalert.net](http://www.netalert.net), 2004. *What is Cyber Bullying?*

# Bullying Prevention Resource Guide

## Books For Parents and Teachers:

### Elementary:

8. Beane, Allan. **Bully Free Classroom: 100 Tips and Strategies for Teachers K-**

Brown-Mikel, Lyn **Girl Fighting**

\*Cappello, Dominic. **Ten Talks Parents Must Have With Their Children About Violence.**

\*Coloroso, Barbara. **The Bully, the Bullied, and the Bystander.**

Cooper, Scott. **Sticks and Stones. Seven Ways Your Child Can Deal with Teasing, Conflict and Other Hard Times.**

\*Davis, Stan. **Schools Where Everyone Belongs: Practical Strategies for Reducing Bullying.**

Gaborino, James **And Words Can Hurt Forever**

Garrity, Carla, et al. **Bully-Proofing Your School.**

\*Gurian, Michael. **The Good Son: Shaping the Moral Development of Our Boys and Young Men.**

\*Heinrichs, Rebekah. **Perfect Targets: Asperger Syndrome & Bullying.**

\*Kindlon, Daniel, Michael Thompson, et. al. **Raising Cain.**

Kraizer, Sheryll. **The Safe Child Book: A Commonsense Approach to Protecting Children and Teaching Children to Protect Themselves.**

Northway-Ogden, Sally. **Words Will Never Hurt Me: Helping Kids Handle Teasing, Bullying and Putdowns.**

Olweus, Dan. **Bullying at School: What We Know and What We Can Do.**

\*Pipher, Mary, Ph.D. **Reviving Ophelia: Saving the Selves of Adolescent**

**Girls.**

Rindler, Nancy. **Quit It: Teacher's Guide on Teasing and Bullying for Use with Students in Grades K – 3.**

\*Thompson, Michael, Ph.D. **Best Friends, Worst Enemies: Understanding the Social Lives of Children.**

Urban, Hal. **Life's Greatest Lessons: 20 Things I Want My Kids to Know.**

\*Zarzour, Kim. **Facing the School Yard Bully**

\*These books are also appropriate for middle and high school parents/teachers.

**Middle and High School:**

Canada, Geoffrey. **Fist, Stick, Knife, Gun.**

Delpit, Lisa D. **Other People's Children: Cultural Conflict in the Classroom.**

Garbarino, James. **The Lost Boys: Why Our Sons Turn Violent.**

Hersch, Patricia. **A Tribe Apart: A Journey Into the Heart of American**

**Adolescence.**

Kivel, Paul and Allan Creighton. **Helping Teens Stop Violence: A Practical Guide for Counselors, Educators, and Parents.**

Lamb, Sharon and Brown-Mikel Lyn **Packaging Girlhood: Rescuing Our Daughters from Marketers' Schemes**

Mathias, Barbara. **40 Ways To Raise a Non-Racist Child.**

Nuwer, Frank. **The Hazing Reader.**

Pollack, William. **Real Boys: Rescuing Our Sons from the Myths of Boyhood.**

Shaw, James, Ph.D. **Jack & Jill: Why They Kill.**

Seeter & Grant. **Making Choices for Multicultural Education: Five Approaches to Race, Class, and Gender.**

Simmons, Rachel. **Odd Girl Out.**  
Simmons, Rachel. **Odd Girl Speaks Out.**  
Wiseman, Rosalind. **Queen Bees & Wannabes: Helping Your Daughter Survive Cliques, Gossip, Boyfriends, & Other Realities of Adolescence.**

## Books For Kids:

### **Ages 4-8:**

Burnett, Karen Gedig. **Simon's Hook; A Story About Teases and Put-Downs.**  
Carle, Eric. **The Grouchy Ladybug.**  
Carlson, Nancy. **How To Lose All Your Friends.**  
Cosby, Bill. **The Meanest Thing to Say.**  
Couric, Katie. **The Brand New Kid.**  
Estes, Eleanor. **The Hundred Dresses.**  
Golenbock, Peter. **Teammates.**  
Hammerseng, Kathryn M. **Telling Isn't Tattling.**  
Hood, Susan. **Too Small Paul, Too Tall Paul.**  
Lovell, Patty. **Stand Tall, Molly Lou Melon.**  
Ludy, Mark. **The Grump.**  
Madonna. **The English Roses.**  
McCain, Becky Ray. **Nobody Knew What to Do: A Story About Bullying.**  
Munson, Dereck. **Enemy Pie.**  
Naylor, Phyllis. **King of the Playground.**  
Nickle, John. **The Ant Bully.**  
O'Neill, Alexis. **The Recess Queen.**  
Polacco, Patricia. **Thank you, Mr. Falker**  
Shapiro, Lawrence. **Betty Stops the Bully.**  
Silbert, Linda. **I'll Be Your Best Friend.**  
Surat, Michelle. **Angel Child, Dragon Child.**  
Thomas, Pat. **Stop Picking On Me: A First Look at Bullying.**

### **Ages 9-12:**

Bosch, Carl. **Bully On the Bus.**  
Cohen-Posey, Kate. **How to Handle Bullies, Teasers and Other Meanies.**  
Kaufman, Gershen and Lev Raphael. **Stick Up for Yourself: Every Kid's Guide to Personal Power and Positive Self-Esteem.**  
Ludwig, Trudy. **My Secret Bully.**  
Polacco, Patricia. **Chicken Sunday.**  
Romain, Trevor. **Cliques, Phonies and Other Baloney.**  
Stoltz, Mary. **The Bully of Barkham.**  
Verdick, Elizabeth. **Bullies Are a Pain In the Brain.**  
Yee, John William. **The Bully Buster Book.**  
Zier, Joan. **Stick Boy.**

### **Adolescents:**

Alexander, Martha. **Move Over Twerp.**  
Covey, Sean. **The 7 Habits of Highly Effective Teens.**  
Devillers, Julia. **GirlWise: How to Be Confident, Capable, Cool and In Control.**

Duvall, Lynn. **Respecting Our Differences: A Guide to Getting Along in a Changing World**

Flake, Sharon. **The Skin I'm In.**

Howe, James. **The Misfits.**

Marsh, Cassidy. **Great Scenes From Minority Playwrights: Seventy-Four Scenes of Cultural Diversity.**

Roberts, Anita. **SafeTeen: Powerful Alternatives to Violence.**

Shandler, Sara. **Ophelia Speaks: Adolescent Girls Write About Their Search for Self.**

Simmons, Rachel. **Odd Girl Speaks Out.**

Strasser, Todd. **The Wave.**

### Websites:

[www.ncdjdp.org/cpsv/](http://www.ncdjdp.org/cpsv/) (Center for the Prevention of School Violence)

[www.ribbonofpromise.org](http://www.ribbonofpromise.org) (National Campaign to Prevent School Violence. "Bang Bang Your Dead" free script on site)

<http://safekid.org> (Safe Child Home Page)

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org) (Suicide prevention)

[www.stopbullyingnow.hrsa.gov](http://www.stopbullyingnow.hrsa.gov) (National Campaign – Take A Stand, Lend A Hand, Stop Bullying Now)

[www.tolerance.org](http://www.tolerance.org) (Teaching Tolerance Website full of free activities and resources for students, parents and teachers)

[www.bullysafeusa.com](http://www.bullysafeusa.com) (SuEllen Fried's website)

[www.dontlaugh.org](http://www.dontlaugh.org) (creating safe and respectful environments for kids)

[www.commonsemmedia.org](http://www.commonsemmedia.org) (ratings and information about all media outlets for kids)

[www.stopbullyingnow.com](http://www.stopbullyingnow.com) (Stan Davis, International Bullying Prevention Association)

### Internet Safety (Cyberbully) Websites:

[www.cyberbully.org/docs/cbschools.pdf](http://www.cyberbully.org/docs/cbschools.pdf) (extensive information on cyber bullying from the Center for Safe and Responsible Internet Use)

[www.safekids.com](http://www.safekids.com) (Rules, advice and tips relating to child security and the web)

[www.safeteens.com](http://www.safeteens.com) (A guide to teen safety on the Internet)

[www.netfamilynews.org](http://www.netfamilynews.org) (electronic news service about safe internet usage)

[www.internet-filters.net](http://www.internet-filters.net) (list of internet filtering products)

[www.isafe.org](http://www.isafe.org) (Internet safety resources)

[www.mindoh.com/cyberbully.aspx](http://www.mindoh.com/cyberbully.aspx) (Worksheets, lesson plans, family activities and parent advice)

<http://www.respectinsportusa.com/Demo.html> (On line course for coaches to help reduce liability and help children in the areas of harassment, bullying, neglect and abuse; certification from the American Red Cross available.)

### Gender and Diversity Issues:

#### **Hotlines:**

**NCCJ (National Conference for Community Justice) Harmony** (816) 333-5059

-Provides diversity and LGBT training and a resource library ([www.nccjkc.org](http://www.nccjkc.org) or

www.kcharmony.org)

**Gay and Lesbian Hotline** 800-The-GLNH

**The Trevor Project Hotline** 800-850-8078

**Websites:**

[www.lgcc-kc.org/](http://www.lgcc-kc.org/) (Lesbian and Gay Community Center in Kansas City)

[www.nyacyouth.org](http://www.nyacyouth.org) (National Youth Advocacy Coalition)

[www.outproud.org](http://www.outproud.org) (National Coalition for LGBT Youth)

[www.oasismag.com](http://www.oasismag.com) (Oasis Magazine)

[www.safeschools-wa.org/](http://www.safeschools-wa.org/) (Safe Schools Coalition)

[www.youthresource.com](http://www.youthresource.com) (Advocates for Youth and Peer Educators to answer questions)

**Videos:**

TOUGH GUISE: Violence, Media and the Crisis in Masculinity (with Jackson Katz)

**Books:**

Howe, James. **Totally Joe**

Jenning, Kevin. **Telling Tales Out of School.**

LaRochelle, David. **Absolutely, Positively Not**

Leuithan, David. **Boy Meets Boy.**

Mallon, Gerald P. **Lesbian and Gay Youth Issues.**

Sanchez, Alex, **Rainbow Boys.**

General Local (and national) Resources and Hotlines:

**Emergency Shelter for Youth** (816) 587-4100

**Homeless Shelter Hotline** (816) 474-4599

**KUTO (Kids under 21) Crisis Helpline** 1-800-644-KUTO

**Missouri Center for Safe Schools** (816) 235-5656

**MOCSA (Metropolitan Organization to Counter Sexual Assault)** (816) 531-0233

**National Council on Alcoholism & Drug Dependence** (816) 361-5900

**National Runaway Hotline** 800-621-4000

**Suicide Crisis Hotline** (913) 384-3535, 1-800-273-TALK (8255)

**To contact Trish Madsen, please email or call**  
**[tmadsen@everestkc.net](mailto:tmadsen@everestkc.net) or 913-499-0961**